



Health and Wellness Q&A Resources



Mental Health
Academic Wellness
Financial Wellness
Other helpful resources

Mental Health

Student Counselling Centre (SCC)*

Provides both crisis support and trauma counseling to students and is free and confidential. Workshops and groups are also provided.

474 UMSU University Centre

204-474-8592

<https://umanitoba.ca/student-supports/counselling-resources-students>

Spirituality Services*

One-on-one emotional and spiritual support. Recognize, affirm and work with your existing values and beliefs.

339B UMSU University Centre (Temporary location)

204-298-2467

edgar.french@umanitoba.ca

<https://umanitoba.ca/student-supports/spiritual-services>

Health & Wellness*

The Health & Wellness Educator is a Registered Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

Britt.Harvey@umanitoba.ca

<http://umanitoba.ca/student-supports/health-wellness>

Healthy U*

Talk to a peer health and wellness volunteer about your relationship. Check out our website to learn about health and wellness topics!

474 UMSU University Centre

www.healthyuofm.com

*Please check websites for remote services

Academic Wellness

Academic Learning Centre*

Academic resources for graduate and undergraduate, full and part-time students at UM. Make an appointment with a writing or study-skills tutor or sign up for one of our many workshops, all at no charge.

201 Tier

204-480-1481

umanitoba.ca/student/academiclearning

Career Services*

Career support for undergraduate and graduate students with their career planning and job search, offering a wide range of help throughout a student's career journey. They also support recent alumni in their job search, and help employers with their recruitment needs.

474 UMSU University Centre

umanitoba.ca/student/careerservices

204-474-9456

University 1 First Year Centre*

Academic advisors for all first year students in any faculty.

205 Tier

204-474-6209

umanitoba.ca/u1

Academic Advisors*

Talk to your faculty-specific academic advisors about your path as a student.

<https://umanitoba.ca/student-supports/academic-supports/academic-advising>

Elizabeth Dafoe Library*

25 Chancellors Cir

204-474-9881

<https://libguides.lib.umanitoba.ca/dafoe>

*Please check websites for remote services

Financial Wellness

UM Food Bank*

To be eligible, students must be enrolled (full or part-time) in the current academic term. You are welcome to use the services, at no cost to you, to help offset the costs of your groceries during times of financial distress. Hamper requests can be made once every 3 weeks.

foodbank@umanitoba.ca

https://www.umanitoba.ca/student/fin_awards/food-bank.html

Mutual Aid Society (MAS) Winnipeg

MAS exists to connect people seeking assistance with people offering assistance

<http://www.masywg.ca/>

<https://www.facebook.com/groups/220944599058149/>

Nine Circles Food Bank

Food bank every second Thursday at 705 Broadway. Talk to your doctor to see if you are eligible. Manitoba Health Card required.

204-940-6000

ninecircles@ninecircles.ca

<https://ninecircles.ca/wp-content/uploads/2016/09/Food-Bank-Guidelines.pdf>

Winnipeg Harvest

Food bank for folks in Manitoba.

Manitoba Health Card OR International Student ID required

204-982-3671 – New to Harvest/ appointments@harvestmanitoba.ca

204-982-3660 – Returning Clients/ appointments@harvestmanitoba.ca

<https://www.harvestmanitoba.ca/need-food/>

*Please check websites for remote services

Additional helpful resources

Sexual Violence Resource Centre (SVRC)*

Provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence

537 UMSU University Centre

svrc@umanitoba.ca

204-474-6562

<http://umanitoba.ca/student-supports/sexual-violence-support-and-education>

Student Support Case Management*

Provides free resource information, practical supports and safety planning in a confidential manner. Assistance with academic needs such as authorized withdrawals, deferred assignments/exams.

520 UMSU University Centre

204-474-7423

stadv@umanitoba.ca

<http://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>

Student Accessibility Services (SAS)*

SAS provides supports for students with disabilities and to foster success for your academic future.

520 UMSU University Centre

204-474-7423 (Fort Garry campus) 204-272-3190 (Bannatyne campus)

student_accessibility@umanitoba.ca

<https://umanitoba.ca/student-supports/accessibility>

Student Advocacy*

Confidential support to help you understand your rights as a student including assistance with making academic requests (e.g., deferrals or withdrawals), filing a complaint, or accessing resources.

520 UMSU University Centre

204-474-7423

stadv@umanitoba.ca

<http://umanitoba.ca/student-supports/academic-supports/student-advocacy>

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